



South West Chili

1/8th of the recipe:

254 Calories, 32g protein, 2g Fat,

1g Saturated Fat,

28g Carbs, and 562g Sodium.

Ingredients:

1 pound extra lean (99% Fat Free) ground turkey breast

1 pound extra lean (96% Fat Free) ground beef

16 oz fresh salsa

16 oz jar of salsa

15.5 canned black beans (rinsed & drained)

1 bag frozen roasted corn-thawed

(you could make your own-approx 4 ears)

On stove top in large pan (I use 5 Qt All Clad Dutch Oven), cook off turkey and beef (do not add oil to pan, meat only), set burner to medium and break meat apart as it cooks.

Once meat is almost cooked through, add roasted corn, black beans and jar of salsa.

Cook 2 minutes, add fresh salsa, cook until warmed through.

This makes 8 servings.

This can be topped with sour cream, fresh salsa, cheese, chopped scallions or even a few baked tortillas chips.

You can add fresh onions when cooking, etc-but I tried to keep most recipes simple and quick.

This can also be made with all turkey or all beef.

Need More Calories:

Double the serving, double the amount of beans & corn in the recipe, eat over brown rice or in a wrap.